

**IN THE CLAIMS:**

Please substitute the following listing of claims for the previous listing of claims:

1-52. (Cancelled)

53. (Currently amended) A method for aerosolizing a pharmaceutical formulation, the method comprising:

providing a valve within an airway leading to the lungs to prevent respiratory gases from flowing to the lungs when a user attempts to inhale, and then abruptly permitting respiratory gases to flow to the lungs by opening the valve when a threshold actuating vacuum caused by the attempted inhalation is exceeded,

providing a flow regulator within the airway, wherein the flow regulator varies the flow resistance through the airway to control the flow of respiratory gases, wherein the flow resistance through the flow regulator is low when the respiratory gases are permitted to flow and increases when the vacuum generated by the user increases thereafter; and

using the flow of respiratory gases to extract a pharmaceutical formulation from a receptacle and to place the pharmaceutical formulation within the flow of respiratory gases to form an aerosol.

54. (Previously presented) A method as in claim 53 wherein the threshold actuating vacuum is in a range from about 20 cm H<sub>2</sub>O to about 60 cm H<sub>2</sub>O.

55. (Previously presented) A method as in claim 53 wherein the flow regulator limits the flow of respiratory gases to the lungs is to a rate that is less than a certain rate.

56. (Previously presented) A method as in claim 55 wherein the certain rate is about 15 L/min.

57. (Previously presented) A method as in claim 53 wherein the flow regulator regulates the size of the airway leading to the lungs.

58. (Previously presented) A method as in claim 57 wherein the flow regulator comprises an elastomeric duckbill valve.

59. (Previously presented) A method as in claim 53 wherein the valve and the flow regulator are provided in series.

60. (Previously presented) A method as in claim 53 wherein the airway includes a parallel flow arrangement.

61-86. (Cancelled)